

send of said belt, said coupler comprising a flat hook, and a tension producing mechanism to apply tension to said belt;
manipulating the first end of said belt around a body part; coupling the first end of said belt with the second end of said belt to encircle the body part; and,
adjusting the tension producing mechanism to increase constrictive pressure around the body part sufficient to prevent further loss of blood.

18. The method of claim **17**, wherein the coupler further comprises a pin.

19. The method of claim **17**, wherein said coupler is integral with said tension producing mechanism.

20. The method of claim **17**, wherein said tension producing mechanism comprises a ratchet.

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